At Simply Living we like to say, “To live sustainably, you need to know a lot of complex things.” Indeed! When you start to unravel the decisions we make about how to eat responsibly, how to use energy wisely, where to buy or bank locally, even how to move around — walk, bike, bus, or car? We must make choices for ourselves, our families, and our communities. And it can feel overwhelming.

Let’s limit our scope, and take a bite-size view of our food system to address the question of how to eat responsibly. It’s true that Big Ag and Big Food still dominate the food we grow and the processed food we eat. At the same time, there are cracks opening up in the old industrial scale food system of huge “factory” farms, feedlots, and dependence upon chemical pesticides and herbicides.

Some indicators of change within the existing system

1. Big Ag investors like Farmland LP are buying conventional farms and converting them to organic methods to meet consumer demand.

2. Big Food grocery chains now include Natural Foods sections and integrate organic produce options to compete with Whole Foods and Trader Joe’s.

3. Labor and environmental groups are challenging Monsanto with law suits that document research linking glyphosate (herbicide used in Roundup) to cancer based in part on Monsanto’s own internal documents. At least one law firm has purchased radio and TV time soliciting clients who believe they have health issues due to the use of Roundup.

Local Innovators!
Dig deeper and we discover that our local entrepreneurs, social enterprises, farmers markets, eco-aware parents, and organizations that advocate for healthy food are driving changes in our food system from the bottom up.

see Local Food Systems - page 6
As our lead article points out, mastering the art of “living simply” can feel complicated at times. Modern “big box” economics, which include large systems like healthcare and industrial agriculture, has certainly led us down a path of myriad choices where price, void of human scale values, are the everyday norm. We only need to take a cursory look at the rise of type-2 diabetes and other ailments to see that our current food system is out of balance. In addition to poor quality of life, this imbalance has cost taxpayers billions of dollars each year.

Our choices make a difference. And it takes time and commitment to sort through all of the choices we make every day. Everything from choosing between freeway or back-roads, bike or drive, order-out delivery or cooking, chain grocery, farmers markets or dedication to community gardening— it can all increase the complexity and confusion it takes to be the sustainably conscious citizens we strive deeply to be.

But don’t despair! Simply Living can help to access resources, community contacts, and lead to discussions and the manifestation of ideas that bring us closer to the kind of community we want to inspire and create. This will help ease our path to health, wholeness and sustainability.

Take a moment to reflect upon Aesop’s Tortoise and the Hare. The Hare was certain he would win the race, so he took a break and the Tortoise carried on, steady as she goes, and ended up winning the race. We can find solace and POWER in this tale. In a way, the fable is the essence of Simply Living. As a membership group and community organization we have been dedicated to the same values we started with 25 years ago. Our vision has been “to create a compassionate and sustainable world through personal, community and cultural transformation.”

We all have good days as activists and some “not quite so good days.” But every inch is already a mile if we proceed together – AND – talk about it, and activate about it.

Use Simply Living – our film screenings, meetups, speaker events and particularly our annual A Gift To Be Simple event – to bring yourself back to center. Come and celebrate with like-minded neighbors and colleagues to energize, and inform yourself and your family about the bounty of sustainability options that surround us in Central Ohio/Columbus. And it is getting better all the time.

This year, GTBS (see details on p4) will feature three extraordinary panelists highlighting current efforts and effective strategies on sustainability as related to food, health, community and the economy (see bios on p3). They are sure to deliver a message of hope and practicality amidst global and local challenges, inspiring us to action.

In the meantime, stay strong brothers and sisters. We are good to go. And Simply Living will continue to help provide some of the “subtle glue” that keeps us together!

With gratitude, Sarah
Del’s cooking career began when he was just eight years old; creating dishes from whatever he could find in his father’s kitchen. By age of thirteen he was flaunting his culinary talents by preparing family dinners, much to his mother’s delight. A little after high school, he landed a position at one of Columbus, Ohio’s premier vegetarian restaurants, The King Avenue Coffeehouse, and began to establish himself as a leader in the industry.

Del opened his own vegan bakery in 1997, then transitioned to be a vegan Personal Chef in 2001. During this time, he developed what became a very popular cooking class series, sharing many of the delicious recipes he had created over the years with his students.

In 2006, Del joined Wellness Forum Foods as Executive Chef. Del continues to teach cooking and health classes and is a keynote speaker at local venues and events around the country.

Author of Forks over Knives: the Cookbook, a New York Bestseller, Better than Vegan, and The China Study Quick and Easy Cookbook.

chefdelsroufe.com
chefdelsroufe@gmail.com

Paula Penn-Nabrit
A Columbus native, Paula graduated from the prestigious Columbus School for Girls. She went on to graduate from Wellesley College, then earned her Doctorate at the law school at OSU. After having 3 sons, relocating to Florida for several years, and teaching at University of North Florida, Paula founded PN&A, a Business Management Consulting firm. She returned to Ohio in 1989 and joined the faculty of Franklin University. Paula turned toward advancing her business ethics ideologies through research papers. Her work has been presented at numerous conferences within the United States, Canada and Europe.

After the death of her husband Charles in 2013, Paula started The Charles Madison Nabrit Memorial Garden located in an economically depressed neighborhood of a food desert. It is primarily designed as a teaching and learning center for the children of our community, a place for them to learn about specific foods, harvest them, and take them home to enjoy. They are committed to holistic health by using only organic soil, untreated lumber, non-GMO seeds, and organic homemade pesticides.

Author of The Power of a Virtuous Woman, Morning by Morning, As For me and My House, Business Ethics & Diversity, and SANKOFA

www.paulapenn-nabrit.com

A&R Creative Group
Co-owners and brothers Ali, Abed and Ismail Alshahal and sister Nohal started the A&R Creative Group with the mission to foster local commerce by contributing to the local economy & food systems through strategic partnerships, innovative community-driven businesses, and environmentally sustainable practices. They are a family-owned restaurant group that both own and operate a strong and diverse group of establishments in Columbus, including The Crest Gastropubs, Alchemy Juice Bar + Cafe, and The Market IV, to name a few.

BOARD OF DIRECTORS:
Dan Barash, President
Cassie Shearer, Treasurer
Christine Hardin, Secretary
Jenny Alberti
Amy Ceccoli
Lawrence Hendrix
Chuck Lynd
Jenee Murphy

GENERAL INFORMATION:
Sarah Edwards, Director
Jim Purman, Finance
Office: 614.447.0296
E-mail: hello@simplyliving.org
www.SimplyLiving.org
Office Hours: by appointment; give us a call!

Our office is located at 2350 Indianola Avenue in the Maynard Avenue United Methodist Church, on the upper level, where we are pleased to share office space with the Center for Compassionate Communication.

The Simply Living Transition Hub serves central Ohio and is affiliated with Transition United States.

Simply Living established the Support Our Local Economy (SOLE) Coalition, one of 80 networks affiliated with the Business Alliance for Local Living Economies (BALLE).

SIMPLY NEWS NEWSLETTER:
Jenny Alberti, Graphic Design
Diane Boston, Layout
Joanne Wissler, Proofing
Robert Studzinski, Photographer

THANK YOU TO ALL WHO VOLUNTEER!
SIMPLY LIVING EVENTS

DOCUmentary FilMs + LOcal SoLutions

A showcase of independent, documentary films addressing a variety of current issues. Often followed by Q&A with experts representing local organizations. Thanks to the Puffin Foundation West Ltd. for supporting these monthly public screenings. For questions, contact Chuck Lynd at Chuck.Lynd@gmail.com or 614.354.6172

MEETUPS/SOCIALS

Join Simply Living for “good green fun” at gatherings held in a different local business or organization each month. We learn from brief presentations by the owners or directors, followed by Q&A. We include plenty of time to socialize and network. Light refreshments are served. Free!

CARE + SHARE

TIME BANK

Share food, network, participate! Each potluck includes a program presented by a member or guest speaker. Topics vary each month. Potluck.

For more information, visit https://www.hourworld.org/bank/?hw=1057

First UU Church
93 W Weisheimer Rd, Clintonville

OCTOBER

7 PM
In Defense of Food
Drexel Theater
2254 E Main St, Bexley 43209

“In defense of food. Not too much. Mostly plants.”
US-based journalist Michael Pollan distills a career’s worth of reporting into a prescription for reversing the damage being done to people’s health by today’s industrially driven Western diet. Pollan offers a clear answer to “what should I eat to be healthy?” A Q+A session with a panel of experts will follow. $5 Donation.

7-9 PM
Community Potluck
First UU Church
Fellowship Hall
93 W Weisheimer Rd, Cols 43214
Program to be announced.

NOVEMBER

7 PM
Inhabit: A Permaculture Perspective
Gateway Film Center
1550 N High St, Cols 43201

Inhabit is a new documentary introducing permaculture: a design method that offers an ecological lens for solving issues related to agriculture, economics, governance, and more. Learn about projects and solutions in the Midwest and discover what’s possible for the future. Panel of experts will answer questions following the screening. $5 donation.

7-9 PM
Orientation
First UU Church
Rm 7
93 W Weisheimer Rd, Cols 43214

DECEMBER

5-8 PM
Simply Living Holiday Open House
NEW VENUE: Wild Goose Creative
2491 Summit St, Cols 43202

Stop in for conversation, networking and holiday cheer with our Simply Living community. All are welcome!

Consider participating in our “bring one, take one” gift book-recycle table. Bring a book to give or trade. Somehow, there are always extras even if you come empty handed!
Looking to build your sustainability knowledge and skills? Already an expert?

Get involved with Simply Living Sustainable U, an initiative that organizes workshops/classes that train and educate people about sustainability topics and practices.

Questions about our initiative or do you have a class to offer? Contact Sarah Edwards at: sedwards@simplyliving.org or call 614.447.0296.

For more details about these classes, visit Sustainable.SimplyLiving.org

UPCOMING CLASSES

**Weight Loss Bootcamp**
Saturday, October 7
10 AM – 3 PM
$59 ($39 members)
- includes lunch
Pre-registration, please

Wellness Forum Health
510 E Wilson Bridge Rd, Ste G
Worthington OH 43085
614. 841.7700
shermank@wellnessforum.com

**Wild Ones Columbus**
What Native Trees & Shrubs do I Want?
with Sharon Treaster
Saturday, October 14
10 AM – Noon
Free

Innis House at Inniswood
Metro Gardens
940 S Hempstead Rd,
Westerville, OH 43081

**Hot Yoga: Yin Yoga & Meditation**
Saturday, October 14
12pm – 2PM
$20

Wellness Forum Hot Yoga
510 E Wilson Bridge Rd, Ste F
Worthington OH 43085
614.841.7700
shom@wellnessforumhealth.com

**Operation Healthy Girlfriend: Monthly Dinner**
Potluck Dinner and a Movie
Tuesday, October 17
6:30 – 8:30pm
Pre-registration, please

Wellness Forum Health
510 E Wilson Bridge Rd, Ste G
Worthington OH 43085
614. 841.7700
Lrcannonm08@gmail.com

**Triple Divine! Three Readers, One Event!**
Runes, Tarot, Astrology
Wednesday, October 18
7 – 9 PM
$45
Pre-registration required

Boline Apothecary
register for venue address
www.bolineapothecary.com

**FREE Dinner at the Forum**
with Chef Del and Dr. Pam Popper
Thursday, October 19
6 – 8 PM
Free
Pre-registration, please

Wellness Forum Health
510 E Wilson Bridge Rd, Ste G
Worthington OH 43085
614.841.7700
gardnerj@wellnessforum.com

**Men’s Health Course**
Thurs & Sat, October 19 & 21
8:30 – 10:30 PM
$395
Pre-registration, please
Location: Virtual Classroom / Teleconference

Wellness Forum Health
510 E Wilson Bridge Rd, Ste G
Worthington OH 43085
614.841.7700
shermank@wellnessforum.com

**Declutter your Home & Clear Your Mind!**
with Adrienne Raimo
Thursday, October 19
7 – 9 PM
$45
Pre-registration necessary

Boline Apothecary
register for venue address
www.bolineapothecary.com

**Allies for the Cold Seasons**
Wednesday, October 25
7 – 9 PM
$25
Pre-registration necessary

Boline Apothecary
register for venue address
www.bolineapothecary.com

**Earthships 101: A Behind the Scenes Look at Permits, Costs, Building and Living in an Earthship**
Sat, November 4 (10 AM) to Sun, November 5 (3 PM)
$195 (single) to $250 (double)
An overnight event
Pre-registration required

Blue Rock Station
1190 Virginia Ridge Rd
Philo, OH 43771
Contact Annie Warmke for more info: 740.674.4300 or annie@bluerockstation.com

**Photovoltaics Workshop (ATHENS, OH) - Prepares for ETA Level 1 PV Certification**
Mon, November 6 (8 AM) to Fri, November 10 (5 PM)
Pre-registration required
Early registration $970

Blue Rock Station
1190 Virginia Ridge Rd
Philo, OH 43771
Contact Annie Warmke for more info: 740.674.4300 or annie@bluerockstation.com

Watch our website for our upcoming Northwest Earth Institute discussion courses.
Community Gardens

One of the first harbingers of change in our food system can be traced to the community garden movement. Simply Living member Noreen Warnock received a USDA grant in 2002, and used it to establish 20 community gardens, many of them operated by Head Start centers to make the food available to low income parents.

Today, Columbus is home to the National Community Garden Association, and Bill Dawson, director of the Growing to Green program housed at the Franklin Park Conservatory, provides assistance and support to more than 250 community gardens in central Ohio.

Local Matters

In 2005, Noreen Warnock teamed up with Michael Jones to co-found Local Matters, a nonprofit organization that has become a leading advocate for a healthy food system accessible in every urban neighborhood. Their accomplishments include sending “Veggie Vans” to provide free local produce to low income residents living in “food deserts.” Local Matters developed an education curriculum for young children about healthy food and eating habits and trained staff and volunteers to implement the program in schools and community centers. Local Matters worked with the Mid-Ohio Regional Planning Commission in 2010 to create the first local food assessment and plan in central Ohio, a framework that laid the foundation for their lead role in launching the Franklin County Food Action Plan in 2014. This Plan was adopted in 2016 by Columbus City Council and the Franklin County Board of Commissioners. See the Sidebar for additional details of this nationally recognized work.

Today, Local Matters offers programs in workplaces, health centers, cooking classes, and more. Now led by Michelle Moskowitz-Brown, Local Matters engages all aspects of the local food system. Their work both reflects and inspires the growing awareness of the need for healthy food from farm to table.

Entrepreneurs and Farmers’ Markets

Along with the growth of community gardens and advocates committed to transforming our local system, we have experienced an explosive growth of farmers markets. Inspired by pioneers like the North Market...
and Worthington's farmers' market, which turned 30 this year, Columbus Underground's annual listing compiled by Anne Evans now includes dozens of markets in central Ohio. This dramatic growth supports both small, local farmers and the demand from shoppers for healthy, often organic produce.

The new appetite for local foods has created a niche for entrepreneurs to create "farm to table" restaurants, eateries, and food trucks who source their menu locally. Pioneer Northstar owners (Kevin and Katie, and Darren Malhame) began in the Short North by simply giving away food when they opened, relying on word of mouth recommendations. To this day they still rely on word of mouth and now operate 5 restaurants in Franklin County, all featuring locally sourced foods prepared on the premises. Eco-conscious eaters now have an ever-growing expansion of options for healthy eating, ranging from Portia's Café’s exclusive vegan menu to Aladdin's natural food eateries, and newer startups like Acre’s “farm to table to go.” The Crest Gastropubs and Alchemy Café, and many ethnic restaurants like Lavash, Nazareth, the Loving Hut, Udipi, and locally owned Mexican, Vietnamese, and African restaurants populate our landscape.

**Health and Wellness**

The health and wellness community includes a diverse array of creative local chefs, consultants and health practitioners focused on plant-based diets, advocacy organizations like the Wellness Forum, the Vegan Shift, Worthington Optimal Wellness and many entrepreneurs providing wellness services from yoga to qigong and acupuncture to energy healing.

All of the trends cited above contribute to the emergence of a strong sense of community rooted in our central Ohio "foodshed." This community shares common values about the importance of gardening, both individually and in our neighborhoods. These values are expressed in our support for farmers markets, our preference for restaurants that offer healthy food choices, and even our love of locally produced craft beers and Ohio wines and spirits. We love it all!
Simply Living’s
Business Member Directory

Please support Simply Living’s local business members. In addition to yourselves, they help support our efforts to “build local.” You might also mention that you saw their listing in our directory.

Automotive

**Tongda Auto Service**
Cols, 43214
614.262.1426

Auto Service | Sales | Lease | Rental

TongDaAuto.com

**Big Green Head**
Worthington, OH
bgg@biggreenhead.com

BigGreenHead.com

**Blue Rock Station**
1190 Virginia Ridge Rd
Columbus, OH 43271
740.674.4300

bluerockstation.com

Eco-Solutions

**EcoHouse Solar**
614.456.7641

EcoHouseSolar.com

**Kemba Financial Credit Union**
614.235.2395
Kemba.org

Banking

**Simply Living Classes / Workshops**

Community Education for Sustainable Living

SustainableSimplyLiving.org

**Design Energy**
4041 N High Street
Cols, 43214
614.507.3073

Community Power Builders
design-energy.net

**Ecoflora**
614.266.1618

EcoFloraDesign.com

Florists

**Bexley Natural Market**
508 N Cassady Ave
Bexley, OH
614.252.3951

BexleyNaturalMarket.org

**Clintonville Natural Foods**
4398 Indianola Ave
Cols, 43214
614.826.4357

Find us on Facebook!

Community Markets

**All Life Center for Integrative Wellbeing**
123 Hyatts Road
Delaware, 43015
740.201.8242
AllLifeCenter.org

**Blue Rock Station**
1190 Virginia Ridge Rd
Philo, OH 43771
740.674.4300

bluerockstation.com
INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?

Contact Sarah Edwards at sedwards@simplyliving.org or 614.447.0296 for more details.
Simply Living is a community organization that celebrates and connects people to learning opportunities that promote community sustainability, environmental awareness, and our local economy through educational outreach and partnerships within our community.
BECOME A MEMBER OF SIMPLY LIVING

Fill out and mail in the form below along with a check OR sign up online at SIMPLYLIVING.ORG.

Please Print Clearly  Check One:  ☐ New  ☐ Renewal

NAME(S)

ADDRESS

CITY  STATE  ZIP

EMAIL

PLEASE ADD ME TO:  ☐ NEWSLETTER  ☐ COMMUNITY UPDATE

PHONE

Make checks payable to Simply Living and Send to:
Simply Living
PO Box 82273
Columbus, OH 43202

Simply Living is a 501(c)(3) organization. Membership dues and contributions are tax deductible to the full extent of the law.

LOCALIST LEVELS
☐ $35 Individual
☐ $50 Family
☐ $20 Young Adult (<30) or Senior (>60)

SUSTAINER LEVELS
☐ $500 Community Builder
☐ $250 Idea Launcher
☐ $100 Friend
☐ Monthly Pledge ($8.50 or more) _________
   Please send “YES!” Magazine (Monthly Pledgers)

BUSINESS MEMBERSHIP
Our members and the community at large refer to Simply Living for relevant and current resources. Join us as we build a vibrant local and supportive community for a resilient future! Questions? Contact Sarah Edwards at sedwards@simplyliving.org or call 614.447.0296 for more details.

CONTINUING OFFER . . .
GET A FREE SUBSCRIPTION TO YES! MAGAZINE! HOW?

Support Simply Living by becoming a Sustaining member!

• Become a Sustainer when you Pledge $8.50/month or more through your bank or credit card.

Monthly pledges mean no more requests to update your membership! Save Trees! Call Sarah at 614.447.0296 for details.

Our members have been pioneers for 20+ years in learning to live responsibly and joyfully on the earth. Today, Simply Living is a hub of the wheel turning communities toward a sustainable future. We have a broad vision to co-create “a compassionate and sustainable world through personal, community, and cultural transformation.” As individuals, we encourage voluntary simplicity. As a community, we advocate for localization to rebuild our local economy, our food system, and transition to renewable energy. As a culture, we promote holistic approaches to living in harmony with nature.

The global consumer economy is not sustainable. Business as usual is not sustainable. Simply Living attracts cultural creatives working to change this status quo. We are a nonprofit, grassroots organization affiliated nationally with the Transition Town movement and the Business Alliance for Local Living Economies. We are intergenerational and welcome people of all ages, colors, creeds, sexual orientation or gender identity.

Please join us in our work to leave the world better than we found it for future generations.

E-mail: Hello@simplyliving.org.
Simply News, a publication of Simply Living, is published on a quarterly basis.

**MEMBERS AND FRIENDS —**

Thank you for being part of Simply Living!

We are in the process of confirming/updating contact info. We also want to know how you would like to receive your newsletter — electronically delivered to your email inbox? or as a paper copy? 

Look for a survey coming your way!

**SIMPLY LIVING’S**

**ANNUAL FUNDRAISER**

**SAVOR + LEARN FROM CENTRAL OHIO FOOD INNOVATORS**

**When:**
Thursday, November 9
5:30-8:30 PM

**Where:**
High Line Car House
550 S High St, Cols, OH 43215

**Tickets:**
$50 - includes annual membership. Visit Eventbrite and query ‘gift to be simple 2017’